

3 Counties Cross Country League Results

After 5 Events

Men

No.	First Name	Surname	Club	Vet	Wellingborough	Wootton	Wing	East Haddon	Dunstable	Pos	Races	Score
1221	Stuart	Nelson	Wellingborough AC		2	1		2	4	1	4	9
509	Tim	Harris	Amphill & Flitwick Flyers		3	2	1	3	8	1	5	9
527	Craig	Palmer	Amphill & Flitwick Flyers		7	4	4	4	3	3	5	15
806	ADAM	MILLS	Bedford Harriers	V40	4	5	3	7	11	4	5	19
1342	Craig	Halsey	Dunstable Road Runners			6	15	5	5	5	4	31
413	Chris	Lamb	Northampton Road Runners		11	9	6	8		6	4	34
1229	Greg	Spellman	Wellingborough AC	V45	10	7	9	12	13	7	5	38
520	Jason	Moore	Amphill & Flitwick Flyers		13		11	9	7	8	4	40
1236	Dave	Webster	Wellingborough AC	V45	9	11	7	15		9	4	42
1388	Richard	Bevan	Biggleswade AC			10	24	11	12	10	4	57
401	Tony	Letts	Northampton Road Runners	V45		12	17	14	15	11	4	58
510	Stephen	Hartley	Amphill & Flitwick Flyers	V40		16	23	16	14	12	4	69
863	paul	halford	Boxfit	V45		14	19	19	17	12	4	69
1413	David	Lee	Biggleswade AC		15	19	13	26	24	14	5	71
422	Simeon	Howson	Northampton Road Runners		26	13		17	21	15	4	77
320	James	Walsh	North Herts Road Runners	V45	19	23	20	21	19	16	5	79
519	John	Mitcalf	Amphill & Flitwick Flyers		21	15		22	23	17	4	81
541	Steven	Upton	Amphill & Flitwick Flyers		20	21	21	20	29	18	5	82
1408	Vince	Plosky	Biggleswade AC	V40	18	17	26	33	37	19	5	94
1418	Paul	Davies	Biggleswade AC	V40	36	32	27	23	18	20	5	100
1196	Peter	Currington	Wellingborough AC			22	31	28	20	21	4	101
932	PAUL	WATTS	Team East Haddon		33	28	25	24	28	22	5	105
1212	Jon	Kemp	Wellingborough AC	V40	29	24	32	30	30	23	5	113
870	lyndon	moore	Boxfit	V40	32	30	33	27	25	24	5	114
304	Peter	Scrowther	North Herts Road Runners	V50	25	31	29	31	36	25	5	116
543	Mark	Waine	Amphill & Flitwick Flyers	V40	28		36	29	26	26	4	119
1189	James	Berry	Wellingborough AC		24	26	38	32	39	27	5	120
60	Richard	Lack	Wootton Road Runners	V40	40	27	28	34	32	28	5	121
289	Nicholas	Malpeli	North Herts Road Runners	V45	27	34	39	42	34	29	5	134
1417	Ryan	Smith	Biggleswade AC		17		30	44	46	30	4	137
484	George	Arbuckle	Amphill & Flitwick Flyers	V40	30		22	38	50	31	4	140
1085	Mark	Sains	Stopsley Striders		35	36	42	43	33	32	5	146
861	chris	george	Boxfit			29	35	45	57	33	4	166
327	Dan	Hills	North Herts Road Runners			40	46	40	47	34	4	173
697	Gary	Finch	Bedford Harriers	V45	41	37	51	52	48	35	5	177
1419	Nick	Haworth	Biggleswade AC		44	45	52	47	43	36	5	179
150	Steve	Harrsion	Leighton Fun Runners	V40	43		45	48	52	37	4	188
753	Andy	Palembella	Bedford Harriers		46		55	51	42	38	4	194
916	ANDY	GREEN	Team East Haddon	V45	45	47	47	55		38	4	194
165	Paul	Tew	Leighton Fun Runners	V50	55	49	66	50	49	40	5	203